

*Michigan Department
of Community Health*



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AFTER YOU'VE QUIT: STAYING ON TRACK

**Quit Kit
Book 3**



Remember Your Plan!

Now that you've quit, don't forget about all the hard work you put into coming up with a plan to deal with difficult situations. Refer back to your plan often to help you get through stressful moments when you feel the urge to smoke.

You may find it hard to believe that one of your coping strategies could possibly be strong enough to get you through your worst cravings. But those cravings don't usually last very long, and your coping strategies can be very

effective at distracting you until they pass. Don't forget to make a note of what works and what doesn't and adjust your plan accordingly.

Take it one urge at a time, one hour at a time, one day at a time. Remember, as each day passes, you're closer to a future where smoking is simply not an option for you. **Hang in there!**



Notes:

Are You Using A Nicotine Replacement Therapy?

If you are using a nicotine replacement, you may feel strong enough to stop using it after a few weeks. It's best not to. There is nothing to be gained by giving up these nicotine replacements too early, and it's not worth the risk that you may start smoking again.

Warning: Do not smoke while using nicotine replacements. It can give you an overdose that can make you sick and is very dangerous to your baby.

Watch Out For Days 3, 4, And 5

Sometimes people can sail through the first couple of days because they're excited about quitting. But by the third or fourth day, they may start to get tired of the struggle. Don't let your guard down. Remember, it will get easier soon!



Don't Forget To Reward Yourself!

Hey, you are doing something really hard! You already deserve a reward. In fact, you probably deserve a new car or an exciting vacation. But perhaps something smaller will have to do for now. You may want to make up a list of rewards you will give yourself, or start a college fund for your baby. But remember the most important reward that you are giving yourself is a healthy pregnancy and newborn!

My Rewards:



Notes:

Take Control In Tricky Situations

When the image of a cigarette comes into your mind, concentrate on something else that you enjoy.

- Pick up something to read
- Talk to a friend
- Write notes to yourself about what you want to do on your vacation
- Change the TV channel
- Get up and move
- Hug someone

Remember: you need to quit smoking for your baby and you **can** do it.



Don't Get Over-confident!

At some point, you may feel so sure of yourself as a non-smoker that you feel you can experiment. If you take a puff, will you like it?

Unfortunately, the first puff all too often leads to a second, which leads to a whole cigarette, which leads to a pack. That's just the way it is, because your body will remember its addiction. Stay strong — don't take even one puff.



The Main Danger Zones For Ex-Smokers

After the withdrawal symptoms of the first week or two pass, the urge to smoke becomes more psychological than physical. Most smokers find that there are three main factors that eat away at their will power. The notes on the next page will tell you how to get through those situations without slipping up.

— The Feeling That Something Is Missing:

In certain social settings, or at certain times of the day, you may find yourself in a situation that just doesn't seem complete without a cigarette.

— Stress:

When you were a smoker, you probably used cigarettes to help you get through difficult situations. It's often a challenge for ex-smokers to find new ways of dealing with stress without smoking.

— Social Situations:

One of the biggest hurdles for ex-smokers is resisting the urge to smoke in social situations.



How To Get Through Without Slipping Up:

1. The Feeling That Something Is Missing:

Cigarettes may have become an important part of your life when you were a smoker. So you'll probably get into situations that just don't seem right without a cigarette. They're different for everyone, but some of the most common are after dinner, parties, or driving.

You probably anticipated many of these situations when you made up your plan to quit. The key is to remember the strategies you came up with and use them to get through these times. It may be best to avoid some of these situations for a while until your urge to smoke becomes weaker.

Hang in there! Remember, things will get better and you'll soon be enjoying your favorite activities as much as ever — without smoking!

2. Stress:

You are most certainly under more stress since you stopped smoking and are trying to prepare for your new arrival. Don't let it discourage you — many ex-smokers say that quitting has actually helped them make their lives less stressful. Since they can no longer use cigarettes to get them through difficult situations, they've found more constructive ways to cope.

3. Social Situations:

Social situations are often difficult for new ex-smokers, especially when there are cigarettes around. Stay in control by practicing what you'll say if someone offers you a cigarette. It may seem silly, but it really does work. Plan not to go near the cigarette machine, and not to get cigarettes from friends or strangers. If possible, plan to stay away from smokers altogether for a short period of time.

Remember, smoking is not natural!

...and putting poisonous chemicals into your body is a terrible way to deal with stress. It ultimately makes things worse, not better. We think you'll find that other methods of dealing with stress are much more effective and safer for your baby. It's the transition from cigarettes to those other methods that can be difficult, and we're here to help you through it.



Stress Can Be A Problem In Two Ways:

Sudden Shocks:

Although you usually can't tell when (or if) sudden stress will hit you, you can and should still prepare ahead of time. Decide on your strategy. For example:

- In the case of a sudden shock, plan to tell someone, "This makes me want to smoke again, but I am not going to."
- Always tell yourself that smoking will not reduce the stress — it will only make things worse in the long run.
- Plan alternatives — a quick walk, a relaxing bath, a cup of hot chocolate, a talk with a friend.

Stress At Home Or On The Job:

In the old days, you relied on cigarettes to help you through. Now you can't — you're a non-smoker.



- Communicate. If a situation at work or at home is bothering you, sit down with the people involved and talk it out.
- Exercise is a great way of easing stress. Try to exercise regularly or as your doctor recommends.
- Consider a stress control course. Your local adult school, community college, YMCA, or medical center can refer you to one.
- If possible, relax for 15 minutes every day.
- Seek out a family member or friend for words of encouragement.

Tips On Weight Control

- **Always check** with your prenatal care provider before making a major change in your diet or activity level.
- **Eat a balanced diet**, and follow these rules for cutting out calories (and, as a bonus, improving your general health):
 1. Switch to low-fat or non-fat dairy products.
 2. Eat the leanest meats you can find, and only take small quantities. Take the skin off chicken. Do not fry.
 3. Fill up on starchy foods like rice, noodles, potatoes, and bread.
 4. Eat at least five helpings of fruits and vegetables every day.
 5. Read labels of prepared foods and choose those lowest in fat.
 6. If you need help, see the resources page for places to get more information on how to eat healthy and get more exercise.
- **Exercise!** Exercise is important for good health. Try to add more walking every day. Exercise does more than just burn up calories while you are exercising. It speeds up your metabolism, so you burn more calories even when you are resting.
- **Stop nibbling** out of habit, if that has become a problem. Try keeping track of everything you eat for two or three days. This will do two things: it will help you think twice before you eat and it will alert you to those times of the day when you tend to overeat. Once you know where the dangers lie, you can make sure you have low-calorie food around at those times.



Problems like digestive difficulties should be gone by now. You may still feel sleepy and irritable sometimes, but these things should go away within a few weeks. And you will be able to concentrate without cigarettes again — just as you could before you started smoking.

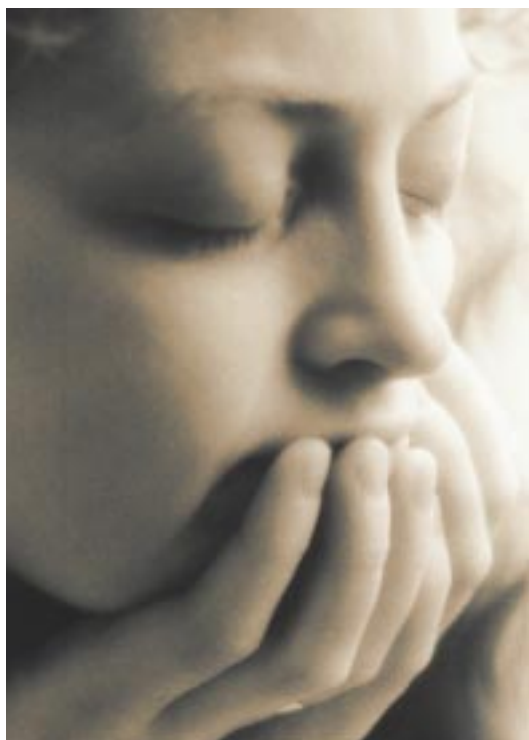
One Week After Quitting:

How Do You Feel?

Have you experienced any physical withdrawal symptoms?

If so, check them off:

- ☐ **Cravings**
- ☐ **Headache**
- ☐ **Sleepiness**
- ☐ **Increased cough**
- ☐ **Trouble concentrating**
- ☐ **Digestive changes**
- ☐ **Irritability**
- ☐ **Increased hunger**



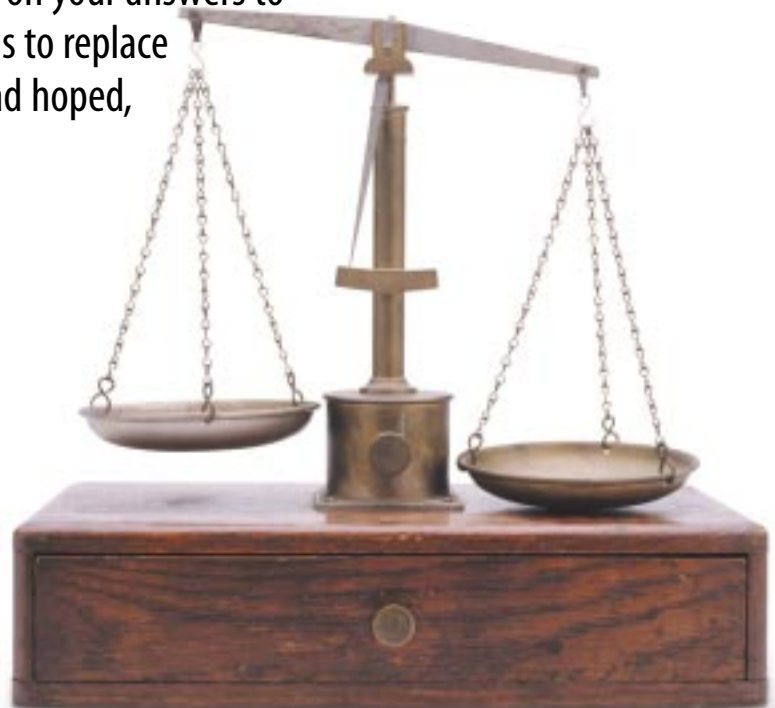
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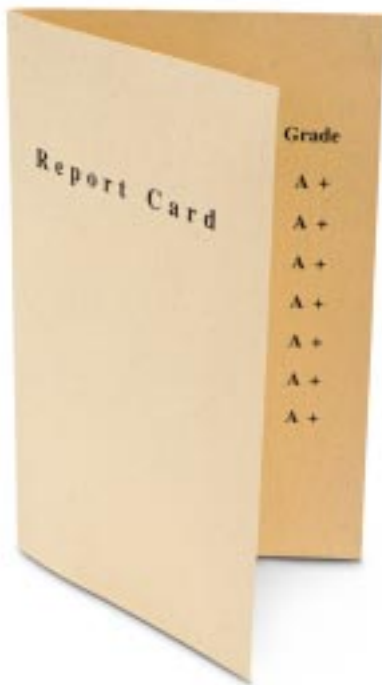
Did Your Plans For Dealing With Difficult Situations Work As Well As You Hoped?

If No, Was It Because:

- ☐ The temptation to smoke was stronger than you had expected?
- ☐ You had not guessed which situations would be the hardest?
- ☐ You did not have the right strategy ready?
- ☐ All of the above?

You might want to review your plan based on your answers to the questions above. Think of new solutions to replace the ones that didn't work as well as you had hoped, or add new situations as they come up.





Two Weeks After You Quit:

The two-week milestone is an important one for many ex-smokers. The main physical symptoms are gone, and you've gotten through many tempting situations (or, if you did slip up, you learned how to avoid that trap in the future). Remember to stick to your plan and prepare for new situations as they arise.

If You Slip Up

If you slip up and have a cigarette or two, look at it as a learning experience. You are still an ex-smoker. Don't dwell on the situation, but ask yourself why it happened and do things differently next time. For example:

Were you simply tired and hungry? Next time, don't skip meals, and make sure you get enough sleep.

Were you having dinner with smokers? Next time, if you go out, make sure there are no cigarettes around.

Don't be too hard on yourself. Just "re-quit" as soon as possible, and strengthen your will power in these ways:

- Read over your reasons for quitting.
- Repeat to yourself: "Smoking is not an option for me."
- Avoid the situation that led to your puff.

Remember, you have not failed at quitting until you quit trying. Don't quit quitting!

One Month After Quitting:

If you've made it this far (even with a slip-up or two), congratulations — this is graduation time! By the end of the first month, most of the hardship involved in quitting is gone and the risk of relapse is getting lower, week by week.

Of course, there is still some risk of a relapse. From now on, stay on your guard against the main dangers for ex-smokers:

- The feeling that something is missing
- Stress
- Social situations

You might find it helpful to review those sections earlier in this book.



Notes:

The Voice Of Experience

Robert talks to Genesee County students 50 to 100 times a year about the hazards of tobacco use. He makes quite an impression, not only because he is an experienced public speaker, but also because he has no larynx (voice box).

Robert started smoking cigarettes when he was 14 and smoked for just about a half-century, averaging a pack a day. In 1993, he was diagnosed with cancer of the larynx. In early 1994, he had a full laryngectomy (removal of the larynx), plus removal of all the lymph nodes from the right side of his neck and his shoulder. Finally, he underwent 34 radiation treatments.

The cancer and radiation had an even greater impact on Robert than it might on most people. He was a popular public speaker. He sang in his church choir and in a barbershop quartet.

Now, Robert communicates through what is known as esophageal speech. He takes air into his esophagus while inhaling, and then gradually expels it to produce a sound. He uses his mouth, nose, teeth, tongue, and lips to shape the sound into intelligible speech. It sounds oddly artificial, like that of a secret witness whose voice is being disguised at a trial.

Robert is now secretary of the board of the American Cancer Society unit in Flint, where he lives. He finds his young audiences generally attentive, though “the older kids, age 12 and up, often are harder to reach.”

When he talks to students, he likes to emphasize how much money he would have saved by not smoking over all those years — something approaching a quarter of a million dollars. But the thing Robert would like most to have saved is his singing voice. “The music was my biggest loss,” he said, “but I’m glad to be alive.”

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Michigan Guide to Quit Smoking Programs

To help you find programs in your county log onto our website at:
<http://www.mdch.state.mi.us/smoke/intro.html>

American Cancer Society Great Lakes Division

1205 E. Saginaw St.
Lansing, MI 48906
(800) ACS-2345 (227-2345)

American Heart Association Michigan Affiliate

16120 W. 12 Mile Road
P.O. Box 760160
Lathrup Village, MI 48076-0160
(800) AHA-USA1 (242-8721)
(check your phone book for number of local chapter)

American Lung Association of Michigan

403 Seymour Ave.
Lansing, MI 48933-1179
(800) LUNG-USA (586-4872)
(check your phone book for number of local chapter)

Cancer Information Service Barbara Ann Karmanos Cancer Institute

110 E. Warren
Detroit, MI 48201-1379
(800) 4-CANCER (422-6237)

Michigan Department of Community Health Clearinghouse For the FREE Smoker's Quit Kit call

(800) 537-5666

For the FREE Fit Kit designed to help you eat healthy and exercise call

(866) 4-FIT-KIT (434-8548)

Other Resources...

The material in this Smoker's Quit Kit is drawn from a number of different sources, but there are many methods available to help you quit smoking. Quitting is a very individual matter, and only you can decide which way is right for you.

Your physician can give you information and advice on medications to help you stop smoking. Also, your local health department, hospital, or local chapters of national organizations can provide you with more help on smoking cessation and other support services in your community. Here are some possible sources of further help.